



You are a Priority Day and Night

We understand that accidents happen, kids get sick and health concerns can arise at all times of day or night. That's why at CIGNA HealthCare, you have options for who to call and where to go to meet your health care needs — 24 hours a day, 7 days a week.

Information at Your Fingertips

When you aren't sure where to go to seek non-emergent care, you can:

- > Contact your Primary Care Physician (PCP), or his or her designated 'on-call' doctor, for instructions.
- > Call our convenient **CIGNA HealthCare 24-Hour Health Information LineSM** at **1.800.564.8982** to speak with a nurse who can respond to your health care questions, direct you to the nearest participating medical facilities, or provide suggestions for helpful home care that may offer comfort until you see your doctor.



**CIGNA HealthCare
of Arizona**
A Business of Caring.

Choices for Care

It's sometimes difficult to know where to seek care when you or a family member becomes suddenly ill or has an accident. If you believe that if the situation is not treated right away it could result in loss of life or serious complications, it is likely an **emergency**.

Examples of emergency situations are uncontrolled bleeding, loss of consciousness, chest pain, shortness of breath and broken bones. In an emergency, call 911 or go to the nearest emergency room. You or a family member should contact your PCP as soon as reasonably possible for further assistance and directions on follow-up care.

Some situations require prompt medical attention, but are not emergencies. Examples of **urgent**

situations include minor injuries such as sprains and strains, ear infections, high fevers, minor cuts and burns. For these, the ideal place to go for care is an **urgent care facility** – typically open earlier and later than your doctor's office. Best of all, you're likely to spend less time waiting to be seen.

CIGNA Medical Group (CMG) has three CMG Urgent Care Centers located at the Clyde Wright, Paseo and Stapley Health Care Centers. All have regular and extended office hours, including weekends and holidays.

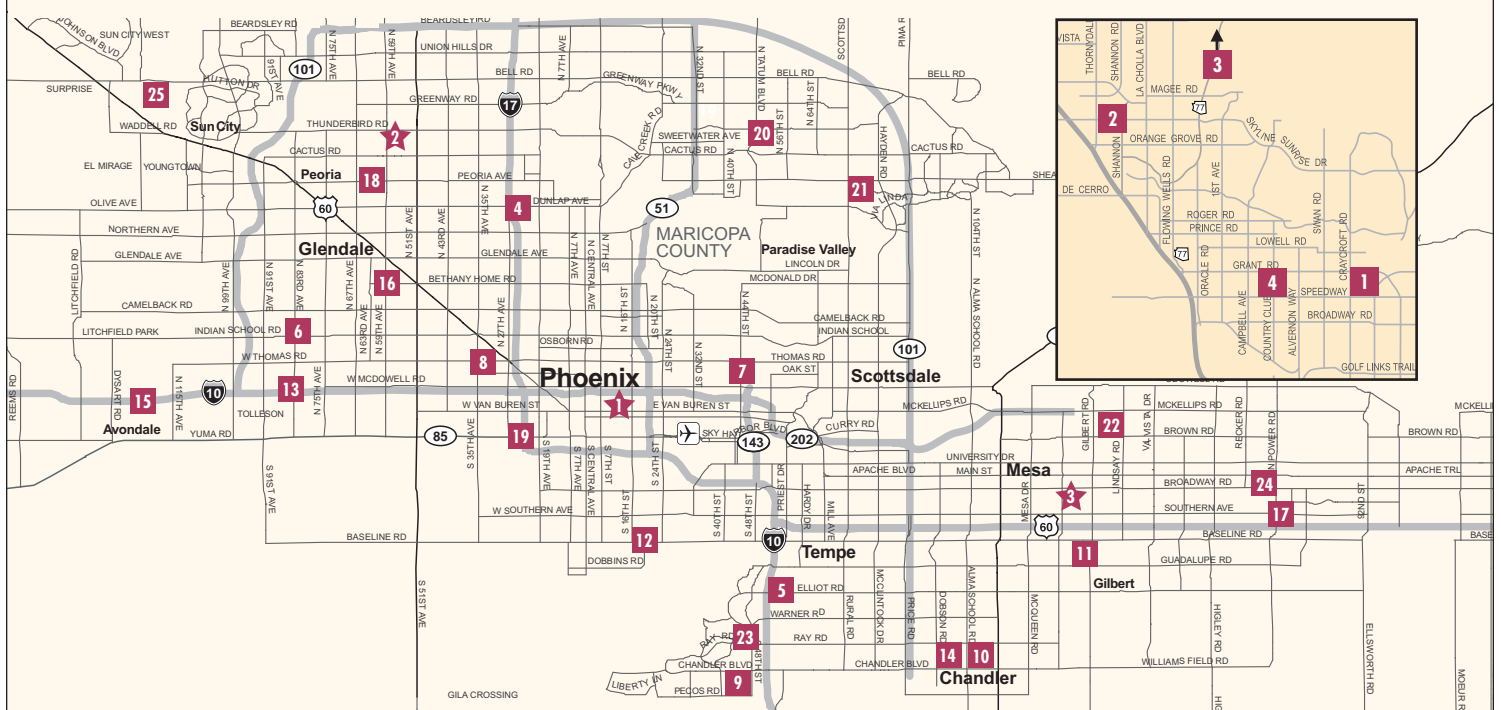
See the reverse side for CMG Urgent Care Center locations and all contracted urgent care facilities throughout Arizona.

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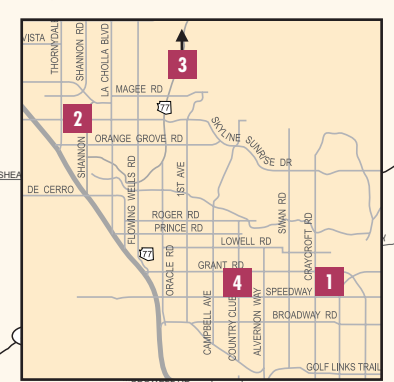
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Where to go?

Urgent Care Locations in Metro Phoenix



Urgent Care Locations in Tucson



Urgent care services are available at the following facilities:

CMG Urgent Care:

1. Clyde Wright

755 E. McDowell Rd.
Phoenix, AZ 85006
602.271.5111

2. Paseo

5891 W. Eugie Ave.
Glendale, AZ 85304
602.588.6600

3. Stapley

1111 S. Stapley Dr.
Mesa, AZ 85204
480.464.8500

Other Phoenix Locations:

4. Advanced Urgent Care Clinic Care
2423 W. Dunlap Rd.
Phoenix, AZ 85021
602.216.6862

5. Advanced Urgent Care Desert Sun Medical
1804 W. Elliot Rd.
Tempe, AZ 85284
480.456.0444

6. Advanced Urgent Care Med 97
8260 W. Indian School
Phoenix, AZ 85033
623.846.7122

7. Advanced Urgent Care Oak Medical
2301 N. 44th St.
Phoenix, AZ 85008
602.808.8786

8. Advanced Urgent Care
33rd Ave. Medical
3302 W. Thomas Rd. #10
Phoenix, AZ 85017
602.233.2900

9. Ahwatukee Foothills Health Center
4545 E. Chandler Blvd.
Phoenix, AZ 85048
480.961.2300

10. Chandler Valley Urgent Care Clinic, Inc.
936 W. Chandler Blvd. #1
Chandler, AZ 85225
480.792.1025

11. Gilbert Health Center
1501 N. Gilbert Rd.
Gilbert, AZ 85234
480.503.5400

12. Jesse Owens Urgent Care
325 E. Baseline Rd.
Phoenix, AZ 85040
602.824.4350

13. NextCare Urgent Care
13075 W. McDowell Rd. #D106
Avondale, AZ 85323
623.547.0522

14. NextCare Urgent Care/Chandler Urgent Care
600 S. Dobson Rd.
Chandler, AZ 85224
480.814.1560

15. NextCare Urgent Care
2451 E. Baseline Rd.
Gilbert, AZ 85234
480.926.8700

16. NextCare Urgent Care
18589 N. 59th Ave., #101
Glendale, AZ 85308
602.547.2600

17. NextCare Urgent Care
1066 N. Power Rd. #101
Mesa, AZ 85205
480.807.0130

18. NextCare Urgent Care
20470 N. Lake Pleasant Rd. #102
Peoria, AZ 85382
623.825.4600

19. NextCare Urgent Care/Greenway Urgent Care, L.L.C.
3229 E. Greenway Rd. #102
Phoenix, AZ 85032
602.788.3285

20. NextCare Urgent Care
N. Tatum Blvd. #190
Phoenix, AZ 85050
480.776.0021

21. NextCare Urgent Care/Shea Urgent Care
7425 E. Shea Blvd. #108
Scottsdale, AZ 85260
480.348.1060

22. StatClinix
1151 N. Gilbert Rd.
Mesa, AZ 85213
480.610.0688

23. StatClinix
4530 E. Ray Rd. #100
Phoenix, AZ 85044
480.598.7500

24. Urgent Care Specialists
6553 E. Baywood Ave. #103
Mesa, AZ 85206
480.985.6200

25. West Valley Urgent Care
12133 W. Bell Rd. #101
Surprise, AZ 85374
623.815.9073

Tucson Locations:

1. NextCare Urgent Care
6238 E. Pima St.
Tucson, AZ 85712
520.290.0022

2. Northwest Medical Center Urgent Care
2945 W. Ina Rd.
Tucson, AZ 85741
520.219.6616

3. Northwest Medical Center — Rancho Vistoso Urgent Care
13101 N. Oracle Rd.
Tucson, AZ 85737
520.818.2000

4. Urgent Care Associates, P.C.
3102 E. Bellevue St.
Tucson, AZ 85716
520.795.8659

Additional contracted facilities in Arizona:

Cochise County

AZ Family Care Associates
Urgent Care Clinic, L.L.C.
302 El Camino Real #5
Sierra Vista, AZ 85635
520.459.8990

Coconino County

Concentra Medical Center
120 W. Fine Ave.
Flagstaff, AZ 86001
928.773.9695

Flagstaff Walk-In Clinic, LLC.
4215 N. Hwy. 89
Flagstaff, AZ 86004
928.527.1920

Grand Canyon Walk-In Clinic
1 Clinic Rd.
Grand Canyon, AZ 86023
928.638.2551

Sedona Urgent Care
2530 W. Hwy. 89A #A
Sedona, AZ 86336
928.203.4813

Mohave County

Fastrax Urgent Care Center
2002 Stockton Hill Rd., #103
Kingman, AZ 86401
928-753-3303
(Effective 3/1/05)

PromptCare Urgent Care
3641 Hwy. 95
Bullhead City, AZ 86442
928.704.4334

Pinal County

NextCare Urgent Care
2080 W. Southern Ave. #11
Apache Junction, AZ 85220
480.985.0172

NextCare Urgent Care
1729 N. Trell Rd. #110
Casa Grande, AZ 85222
520.876.0800

Yavapai County

Prescott Valley
Primary Care Urgent Care
3051 N. Windsong Dr.
Prescott Valley, AZ 86314
928.772.2591

Mountain View Urgent Care
651 W. Mingus Ave. #1E
Cottonwood, AZ 86326
928.634.0400

Yuma County

PrimeCare Central Urgent Care
284 W. 32nd St.
Yuma, AZ 85364
928.341.4563

Foothills Walk-In Medical Center
PPO Only
11274 S. Fortuna Rd. #1-4
Yuma, AZ 85367
928.345.2150